

# WHITE BUFFALO CALF WOMAN

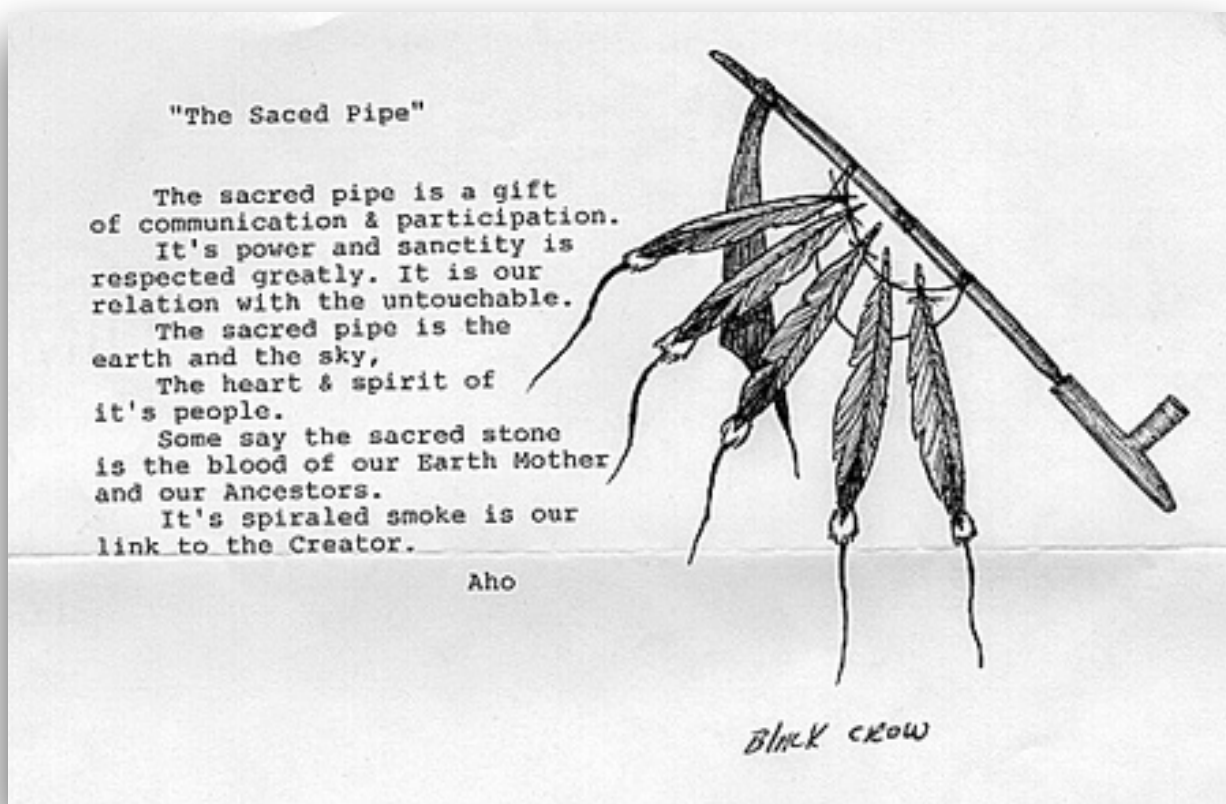


(Sculpture: <https://www.sculpturetour.org/showcase/white-buffalo-calf-woman/>)

## Sacred Rites

White Buffalo Calf Woman gifted the Sans Arcs Lakota people 7 Sacred Rites. Below I have described 4 of those Rites as they pertain to prayer.

### The Sacred Pipe



(crownativeamerican.weebly.com)

First Rite being the Sacred Pipe so that people could use it in prayer and commune with the Great Spirit.

*"With this sacred pipe you will walk upon the Earth; for the Earth is you grandmother, and She is sacred. Every step that is taken upon Her should be as a prayer. The bowl of this pipe is of red stone; it is the Earth. Carved into the stone and facing the center is this buffalo calf who represents all the four legged who live upon your Mother. The stem of the pipe is of wood, and this represents all that grows upon the Earth. And these twelve feathers which hang here where the stem fits into the bowl are from Wanbli Galeshka, the Spotted Eagle, and they represent the Eagle and all the wingeds of the air. All these peoples, and all the things of the universe, are*

*joined to you who smoke the pipe - all their voices to Wakan-Tanka, the Great Spirit. When you pray with this pipe, you pray for and with everything.”* The Sacred Pipe by Joseph Epes Brown

White Buffalo Calf Woman “showed the Lakota people how to pray. Furthermore, White Buffalo Calf Woman taught them how to dance, make special gestures, and gave them the words for prayers to worship their deities. She explained that the people who followed her directions would be heard more easily by the gods.” (ancient-origins.net)

## *Sun Dance*

The rite of dance and song are ceremonial ways that White Buffalo Calf Woman is honored and how prayers are offered. For example, the Sun Dance Ceremony and Pow Wows are ways Indigenous peoples can be traditional and create regalia with intent to honor and be in sacred space. Here is where dancing and singing is specifically used to offer prayer and gratitude.

Please play below video of the Pipe Creek - White Buffalo Calf song. Uploaded to YouTube by Turtle Island Music:



# Sweat Lodge



([https://www.google.com/search?q=sweat+lodge+ceremony&client=safari&channel=iphone\\_bm&sxsrf=ALeKk00GIYPeMrQJJwn-sgubKD5LQ8TKFQ:1611681503193&source=lnms&tbn=isch&sa=X&ved=2ahUKEwiEIPS7jbruAhUaK80KHxalDMYQ\\_AUoAXoECAIQAw&biw=1324&bih=749#imgrc=2BgO6npzchzfnM](https://www.google.com/search?q=sweat+lodge+ceremony&client=safari&channel=iphone_bm&sxsrf=ALeKk00GIYPeMrQJJwn-sgubKD5LQ8TKFQ:1611681503193&source=lnms&tbn=isch&sa=X&ved=2ahUKEwiEIPS7jbruAhUaK80KHxalDMYQ_AUoAXoECAIQAw&biw=1324&bih=749#imgrc=2BgO6npzchzfnM))

The rite of the *onikare* or Sweat Lodge Ceremonies are one way that White Buffalo Calf Woman is honored. Sweat Lodge Ceremonies were one of the seven rites that were gifted to the Lakota people by White Buffalo Calf Woman. These Ceremonies are used as a “religious and spiritual purification of the body, mind and soul. It is performed under the supervision of a leader, and intended for prayer and healing.”

([https://www.google.com/url?](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwido9aZqLruAhUMHM0KHU3MDq0QFjADegQIBRAC&url=https%3A%2F%2Fwww.refinery29.com%2Fen-gb%2Fwhat-is-a-sweat-lodge&usg=AOvVaw1MvdrCQBWxjtHuNEWa-tQt)

[sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwido9aZqLruAhUMHM0KHU3MDq0QFjADegQIBRAC&url=https%3A%2F%2Fwww.refinery29.com%2Fen-gb%2Fwhat-is-a-sweat-lodge&usg=AOvVaw1MvdrCQBWxjtHuNEWa-tQt](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwido9aZqLruAhUMHM0KHU3MDq0QFjADegQIBRAC&url=https%3A%2F%2Fwww.refinery29.com%2Fen-gb%2Fwhat-is-a-sweat-lodge&usg=AOvVaw1MvdrCQBWxjtHuNEWa-tQt))

# Vision Quests



(soulschoolonline.com)

"Vision quest, supernatural experience in which an individual seeks to interact with a guardian spirit, usually an anthropomorphized animal, to obtain advice or protection." ([www.britannica.com](http://www.britannica.com))

*Solitude:* A person on a vision quest is alone. He/she has no contact with the outside world, is removed from social conversation, cultural roles, routines, habits, and expectations. The word authentic comes from the same root as author and authority. Discovering one's authentic purpose, gift, voice, medicine... requires becoming author and creator of your own story. To do that, one has to listen deeply to oneself and say goodbye to all the other authorities — parents, teachers, television, priests, peer groups — and the stories about the world and ourselves we've inherited, mostly unconsciously, from the time and culture we were raised in.

*Nature:* A vision quest happens in nature, usually in the wilderness, where one not only finds solitude, but lives within the larger ecosystem. If "my home is my castle," then being outside that home removes me from the sense of being sovereign or captain of the ship — removes me from my sense of power and ego-centeredness. I become part of something larger, a strand in the web, not the ruler or purpose of the web itself. Physically, leaving behind roads, houses, televisions, villages — all the forms of the human-created world — requires we enter an older world — Nature — a world that created us.

We will not "meet our Maker" by staying inside the environments we humans have made. We have evolved and grown out of the living Earth. The human organism has been shaped and molded through millions of years of call-and-response interactions with this Earth. Returning to intimate contact with that living Earth awakens forgotten senses and atrophied ways of perceiving. Our authentic nature is found only when we re-member the primal bonds with Nature herself.

*Fasting:* Fasting creates a change in human consciousness. Besides freeing us from many habits and routines around meals and mealtime, fasting causes our focus to become more broad-based, our attention more dream-like and less riveted on rational thought. Our internal dialogue slows down; other thoughts and ways of perceiving bubble up from below the surface. We find ourselves thinking about people or things we've not considered for decades. As the mind quiets and the static dies down, that "still small voice" within us emerges and is heard." ([www.sparrowhart.com](http://www.sparrowhart.com))

# Prayers

White Buffalo Calf Woman answers prayers of guidance. She is always there to help balance that of the earth, and to help people to remember the sacredness in everyday life. White Buffalo Calf Woman teaches prayer, ritual, ceremony, and the sacred path of and connection to the earth. Sometimes White Buffalo will show up as an animal spirit, this can be viewed as a sign that “you are being asked to use your energy in prayer. You may be used as the instrument of someone else’s answered prayer. It is a time to recognize the sacredness of every walk of life, even if they are different from your own. We are reminded that we can achieve nothing without the aid of the Great Spirit and we must be humble when we ask for help and most grateful when we receive it.”



(<http://native-american-totems.com/animal-totem-medicines/buffalo-lessons-of-prayer/>)

Above Prayer Card can be found at: ([https://www.etsy.com/listing/617367322/native-american-art-white-buffalo-calf?ga\\_order=most\\_relevant&ga\\_search\\_type=all&ga\\_view\\_type=gallery&ga\\_search\\_query=white+buffalo+calf+woman&ref=sr\\_gallery-1-10&organic\\_search\\_click=1](https://www.etsy.com/listing/617367322/native-american-art-white-buffalo-calf?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=white+buffalo+calf+woman&ref=sr_gallery-1-10&organic_search_click=1))

## *Original Work*

I chose to honor White Buffalo Calf Woman by making a rattle with buffalo hide that I can use in prayer and during ceremonies. I beaded a cuff where I could use the colors of the 4 directions, plus turquoise. I embellished with buffalo beads and shaman tassels.

